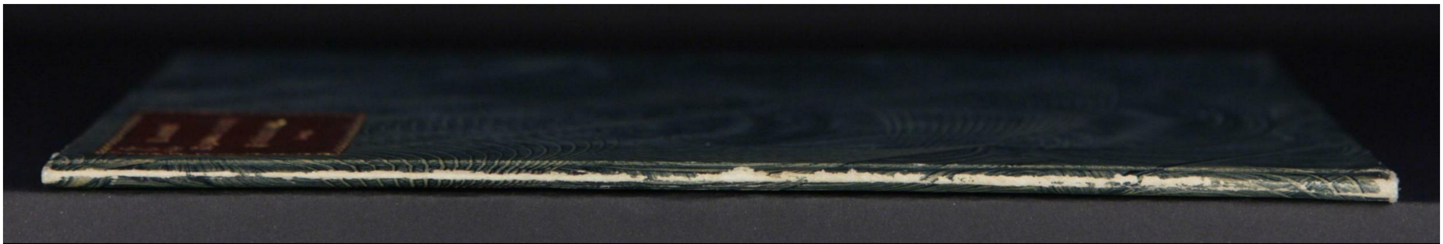
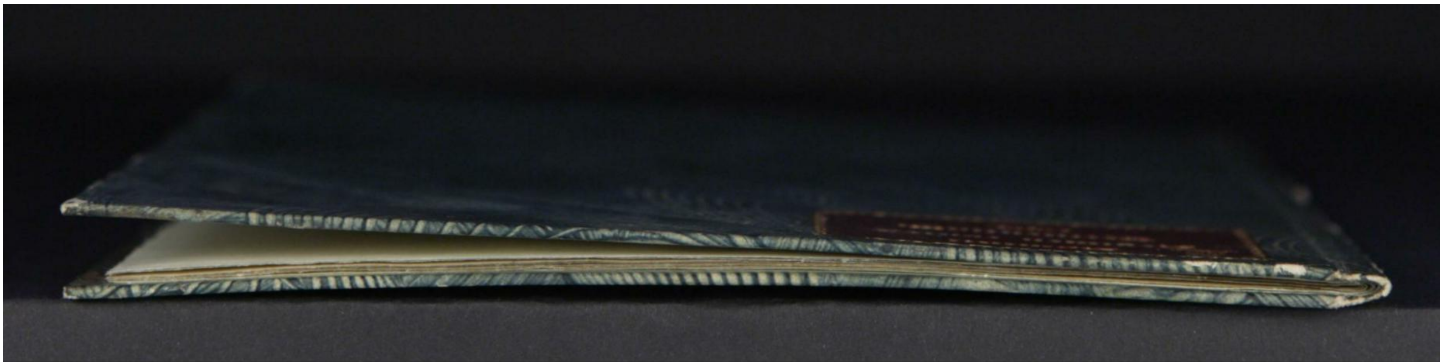
Kaminti
Regimen contra
Peſtilentiam.
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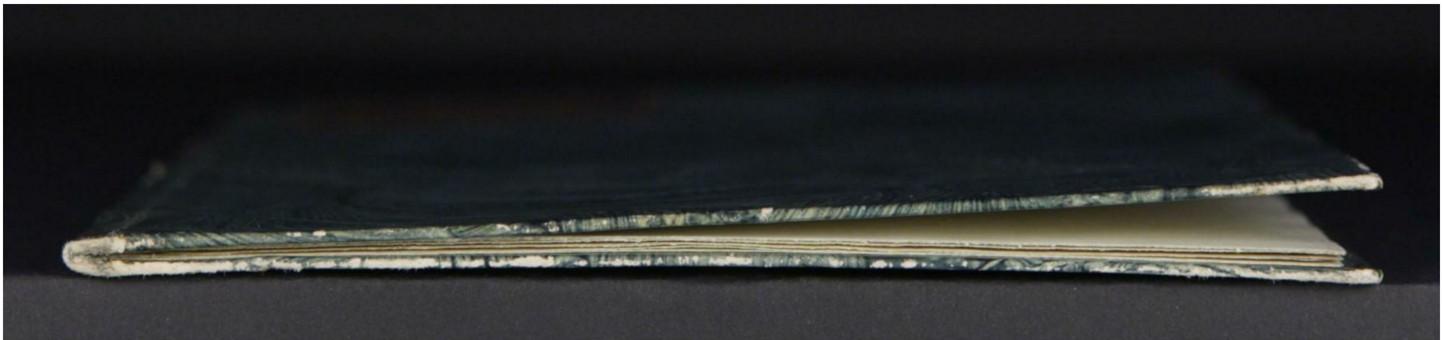


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BIBLIOTHECA REGIA HAFNIENSIS

Victor Madsen 3457

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Regimen contra peſtilentiā

ſiue Epidimiam Reuerendiſſimi domini Kamiuti Epiſcopi Aruſienſis Ciuitatis regni dacie artis medicine expertiſſimi profeſſoris.

Ad honorem ſancte et indiuidue trinitatis glorioſeq; virginis Marie. et ad vtilitatē rei publice. pro conſeruatione ſanoꝝ ac reformatione lapſorum. volo aliqua de peſtilentia que nos frequentius iuuadit ex dictis medicorum magis antenticoꝝ ſcribere. Et primo.

¶ De ſignis pronoſticis eius
Secundo de cauſis
Tercio de remedijs
Quarto de cōfortaminibus cordis et principalium membroꝝ
Quinto et vltimo de fleubotbomia.

Regimen ſanitatis

per circulum anni valde vtile.

1405 4. 5408

[Lpz. Arnoldus de Colonia]

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De ſignis pronoſticis eius.

SIgna peſtilentie ꝓnoſtica ſeptē ad pn̄s aſſignan tur. Primum eſt qn̄ in vna die eſtiuali aura ſepe mutatꝛ. vt de mane apparet pluuioſa. deinde nebu loſa. deinde ventoſa et precipue a vento meridio nali. Scd̄m ſignū eſt qn̄ ſepe in tp̄e eſtiuali dies apparent totaliter obſcuri et velle pluere et nō pluit. et tūc ſi diu durauerit timendū eſt de magna peſtilētia. Terciū eſt qn̄ ſtꝫ multe muſce ſup̱ terrā hoc ſignū eſt ꝙ aer venenoſus eſt et infectus. Quartū eſt qn̄ ſtelle ſepe videantꝛ cadere et iteꝝ ſig nū eſt ꝙ aer ſit infectus. et ꝙ multi vapores infecti ſint in ae re. Quintū ſignū eſt qn̄ cometa videtꝛ volare. Et ſic̄ hebetꝛ in methauris. Iſta cōtingunt qn̄ cometa apparet ſcꝫ interfectio hoīm in bellis. ꝛc. vn̄ vˀ. Mors furit vrbs rapitꝛ ſeuit mare. ſol operitꝛ. Regnū mutatꝛ. plebs peſte fame cruciatꝛ. Sextū ſig nū eſt qn̄ multa fulgura et tonitrua ſunt et precipue venientia a p̱te meridionali. Septimū ſignū eſt qn̄ multe vētoſitates a meridie ꝓcedūt. Ille em̄ ſordeſcunt et immūde ſtꝫ. Quādo igitur iſta ſigna apparēt timendum eſt de magna peſtilentia niſi deus omnipotens ipſam ſua pietate vellet ammouere.

De cauſis peſtilentie.

CAuſa peſtilentie triplex eſt. qn̄qꝫ em̄ venit a radice in feriori. aliqn̄ a radice ſuperiori. ita ꝙ ſenſualiter ap paret nobis mutatio aeris. Et qn̄qꝫ venit ab vtroqꝫ. ſcꝫ a radice ſuperiori et inferiori ſimul. A radice quidem infe riori vt nos videmus ex latrina ꝓpe camerā vel ex aliqua re p̱ticulari corrumpti aerem in ſubſtantia et qualitate. Et eſt p̱ticularis et p̄t accidere oī aere. Inde etiam procedit febris peſtilentialis circa quā multi medici decepti ſtꝫ talē febrem eſſe peſtilentialē nō credentes. Quādoqꝫ etiā venit a cadaue ribus mortuoꝝ vel ex corruptione ſtagnoꝝ. et contingit fre quenter in locis corruptis. Et iſta aliquādo ē vniuerſalis ali quando particularis. A radice vero ſuperiori accedit virtu te corpoꝝ celeſtium. ex quibus ſpiritus vitalis corrumpitur in animali. et de illa dicit auicenna. li. iiij. Ex forma celi cor pora valde inficiuntꝛ. nam inpreſſio celeſtis corrumpit aerē et

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ſic ſpūs corrumpit᷑ in hoīe. a radice ꝟo ſuꝑiori ꝛ inferiori ſimul ꝓuenit qñ ex impreſſione celeſti corrumpente aerē et putrefactione cadauerū vel locoꝝ cauſat᷑ morbus in hoīe. et talis morbus qñqꝫ eſt febris qñqꝫ apoſtema et hoc vt in pluribus. Aer eñ inſpiratus aliqñ venenoſus eſt et corruptus ledēs cor. ita vt natura multiplr̃ aggrauat᷑. immo intantū ꝙ nō ꝑcipit ſuā leſionē. Nā apparent bone vrine et bone digeſtiones et tñ paciens tendit ad mortē. Vñ multi medici in paciētibus vrinā attendēs ſuꝑficialiter loquunt᷑ et decipiunt᷑. Neceſſe ē igit᷑ ꝙ quilibet patiēs ꝓuideat ſibi de medico ꝓuido exꝑto Exiſtꝫ vident᷑ dicta de cauſis peſtilētie. Sꝫ circa hoc mouent᷑ due queſtiones. Prima quare vnus morit᷑. alter nō. et in illa villa moriunt᷑ hoīes et in illa domo in alia aūt nō. Scđa an tales morbi peſtilentiales ſint cōtagioſi. Ad primū dico ꝙ hoc pt̄ cōtingere ex duobus ſcꝫ ex ꝑte agētis et ex ꝑta patientis. Ex ꝑte q̇dē agentis qꝛ illa influentia ſuꝑceleſtis directius influit in illū vel illū q̄ꝫ illū et illū locū. Sed ex ꝑte patiētis qꝛ ille ē magis diſpoſitus ad mortē q̄ꝫ alter. Vñ nota ꝙ corꝑa magis diſpoſita ſtꝫ corꝑa calida latoꝝ poroꝝ. corꝑa infecta et habētia poros opilatos multꝫ humoribus Vñ corꝑa a q̇bus fit magna reſolutio. ſicut ſtꝫ hoīes abutentes coitu vel ſeruiētes balneis et hoīes qui calefiūt magno labore vel magna ira hñt corꝑa magis diſpoſita ad morbū peſtilentiū. Ad ſcđm dico ꝙ tales morbi peſtilētiales ſtꝫ cōtagioſi qꝛ a corꝑibus effluunt infecti humores. et fumi venenoſi aerē corrumpentes. et ideo fugiendum eſt ab infectis immo tꝑe peſtilētiali nullus debet ſtare in cumulo populoꝝ qꝛ pt̄ eſſe aliquis illoꝝ infectus. Ratione cuius prudētes medici viſitādo infirmos ſtant lōge a patientibus tenentes faciem ꝟſus feneſtrā. ſic etiā ſtare debēt infirmoꝝ ſeruitores. Vñ patiēti bonū eſt ꝑ dies mutare camerā et frequentius habere feneſtras ꝟſus boreā ꝟſus orientē aptos. ¶ Feneſtre vero ꝟſus meridiē teneant᷑ ſꝑ clauſe. Ventus eñ meridionalis hꝫ in ſe duas cāſ putrefactionis. Prima ē ꝙ debilitat corꝑa tā ſanoꝝ q̄ꝫ infirmoꝝ. Scđa ē qꝛ ſicut pꝫ tercio amphoriſmoꝝ. Auſtri vētus flatus grauat auditū ꝛ ledit cor. qꝛ aperit poros corꝑis ꝛ intrat vſqꝫ ad cor. Quare bonū ē ſano tꝑe peſtꝫ qñ flat vētus meridionalis manere in

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domo per totũ diem. Si aut neceſſe fuerit vt exire debeat ma
neat in domo vſqꝫ ad eleuationẽ ſolis ſupꝛ oriſontẽ nẽſtrum.

De remedijs peſtilentie.

[V]Iſis cauſis peſtilẽtie dõm ẽ qualiter q̃s ſe debeat a peſti
lẽtia p̃ſeruare. Pro quo notandũ eſt iuxta dictũ ſummi
medici ꝑ dauid dicentẽ ꝙ hõ primo ſe debeat diuertere a ma
lo ad bonũ et humilit̃ peccata ſua cõfiteri. quare ſummũ reme
diũ eſt vt tp̃e peſtilentie penitentia et cõfeſſio ceteris medica
mẽtis p̃ferãt ꝑmitto tñ ſũme ꝙ bonũ remediũ ẽ fugere ⁊ locũ
infectũ mutare. Sꝫ q2 multi cõmodoſe locũ mutare nõ pñt.
ideo q̃ñtũ poſſibile fuerit. ab eis oĩs cã putredinis euitet̃ et ex
pñti oĩs coitus. etiã p̃cipue cauẽdus ẽ vẽtus meridionalis q2
naturalit̃ inficit. Claudant̃ ḡ feneſtre (vt dictũ eſt) ꝟſus meri
diẽ vſqꝫ ad horã primã. aperiant̃ ꝟſus ſeptẽtrionẽ. Eadẽ de
cã oĩs fetor eſt euitãdus vtputa ſtabuloꝝ. campoꝝ. plateaꝝ.
et precipue infectoꝝ cadauerũ putrefactoꝝ ⁊ maxime fetor a
quaꝝ nã in aliquibus domibus conſeruat̃ aqua ꝑ duos dies
vel noctes. vel ſtꝫ trãſitus ſubterranei aquaꝝ in q̃bus ſeruant̃
aque ꝓiecte que etiã magnũ cauſant fetorẽ. Ex iſta cã etiã cõtin
git ꝙ aliq̃ moriunt̃ in illa domo vbi talia cõtingunt et in alia
nõ vt dictũ eſt. Silr̃ in illo loco vbi effundunt̃ olera putrida
q2 olera putrefacta faciũt nociuũ fetorẽ. Vñ ſicut ꝑ odorẽ aro
maticum cor et ſpũs recreant̃. ita ex nociuo debilitant̃. Quare
ſeruãda eſt domus ne aer infectus ſubintret. Aer em̃ infectus
humidus ẽ et putrefactionẽ in domo vel in loco dormitionis
naturaliter cauſat. Subtilietur igit̃ domus ꝑ clarã flammã ⁊
fiat ignis clarus de lignis. Fiat etiã cũ fumigatione herbaꝝ
infra ſcriptaꝝ videlicet baccelauri. iuniperi. vberi organi. ⁊ ha
bentur in apothecis. abſinthij. hyſopi. rute arthimeſie atqꝫ lig
ni aloes quod melius valeret. ſꝫ pro ꝑuo precio cõparari nõ
p̃t. et talis fumus inſpiretur ꝑ os et nares q2 ſic interiora rati
ficant. Eadem de cauſa vitetur oĩs repletio. quia corꝑa plena
malis humoribus inficiunt̃ facilius. Vñ dicit Auicẽna quar
to canonis ꝙ illi qui repletionẽ ſꝑ curãt periodũ ⁊ finẽ vite
ſue abbreuiãt. Itẽ eadẽ de cauſa balneũ cõe euitet̃ q2 modicũ
fermentũ totã maſſam corrũpit. Vñ finaliter oĩs multitudo

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vel cōmunitas cuitet̄ in quātum poſſibile ſit ne ab anhelitu infecto aliqͥs inficiatur. Sed qn̄ fieri non p̄t vt cōitas cuitet̄ tūc vtat̄ remedijs infra ſcriptis. De mane qn̄ aliqͥs ſurgit mox paꝝ comedat de ruta lota in aqua mūda et ſale aſpſa cū nuce gallica vna vel duabus bene mūdatis. Si āt illud haberi non p̄t: tūc comedat panē vel tortā intinctā aceto et hoc maxime tp̄e turbido vel nebuloſo. In tp̄e peſtilētie melius infra domū manere videt̄ ꝙ̄ exire. nec ē ſanū ire ꝑ villā vl' ciuitatē. Domus etiā aſpget̄ (⁊ ſpēaliter in eſtate) cū aceto ⁊ roſis et folijs vitis immo bonū eſt in die frequenter lauare manus cū aqua et aceto et poſtea faciē tergere et odorare ad manus. Bonū eſt igit̄ tam in eſtate ꝙ̄ in hyeme acetoſa odorare. In mōte aut peſſulano cōmunitatē vitare nō potui qꝛ trāſiui de domo ad domū curādo infirmos cauſa paupertatis mee. Uñ ſpongiā vl' panē intinctū aceto mecū portaui tenēs ad os et naſum qꝛ oīa acetoſa opilāt meatū humoꝝ nec faciūt venenoſa intrare et ſic talē euaſi peſtilētiā ſocijs meis nō credētibꝰ me vitā retinere potuiſſe. Oīa āt iſta remedia ꝑ meipm̄ ꝓbaui.

De cōfortaminibus cordis et alioꝝ membroꝝ.

Cordis cōfortamina hec ſt̄ crocus. caſſia fiſtis plantago cū ceteris herbis que ratificāt ſpiritū interiorē. Hec em̄ precipue valent in vulgari cōmunitate vbi faciliter cōtingit ꝙ vnus inficiat̄ ab alio ideo ſumme caueat̄ ne anhelitus inſpiret̄ ab aliquo. Oculi etiam ab aere infecto obſcurantur ſi homo nō portauerit p̄dicta in manu. Ualde etem̄ ſanū ē ꝙ lauent̄ os oculi et manus ſepius in die cū aqua roſacea aceto mixta. Si autem predicta habere non p̄t tunc faciat cū aceto. et ſicuͭtis ſeruatis ſecurus cōmunitatem intrabis. Habet̄ etiā ꝓ magno remedio laxatio ventris. Si autē naturaliter fieri non p̄t laxatio ventris ꝓuocetur artificialiter ꝑ ſuppoſitoriū ad qd̄ bn̄ valent pillule peſtilentiales que habent̄ in apotheca. In domo etiā ſꝑ teneat̄ ignis qꝛ multū impedit impreſſionē celeſtem et clarificat aerē. De cibo aūt ſpecialiter dico ꝙ tyriaca ſumme vtilis eſt tam ſanis ꝙ̄ infectis. Sumat̄ igit̄ bis in die cū vino claro lymphatico vel cum aqua clara ro

ſacca aut cum ceruiſia clara nec ſumat᷑ de tyriaca niſi ad quā
titatē vnius piſi de vino vero aqua vel ceruiſia ad quātita
tē duoꝝ coclearīū. tiriaca in vaſe penitus diſſoluat᷑. differat᷑.
eñ prandiū vſq; ad mediū diē vt tyriaca in corꝑe ſuā exerce
at opationē. Bonū inſuꝑ ferculū cū vino puro ſepe in dieſu
mendū eſt nō multū ſimul q᷑ nimia ſuꝑhabundātia putrefec
tionē humoꝝ inducit. Caueant᷑ in cibis oīa calefactiua vt
ſtꝫ piper et alliū licet eñ piper cerebrū a flegmate purgat et
ſpūalia mēbra a viſcoſis humoribus q᷑ tñ nimis calefacit et
calefactio putrefactionē inducit plus videt᷑ ſola amaritudo
q̄ȝ calor odor et ſapor i ipſo placuiſſe. Alliū etiā licꝫ a flegma
te purget ⁊ malos humores eijcit ⁊ ꝓuocat appetitū comedē
di ⁊ aerē ſiccū intrare nō ꝑmittit q᷑ oculos ꝑturbat et caput
vniuſcuiuſq; ſepe comedentis calefacit ideo non videtur pla
cuiſſe. Peſtilentia eñ ex calida cā ſepe augmentat᷑. Omnes
igit᷑ cibi quāto facilioris digeſtionis ſtꝫ tanto meliores. De
mane ſumant᷑ cibaria bulita de nocte ꝟo aſſata. Brodia et
pulmēta euitent᷑ niſi fuerint acetoſa. Tꝑe eñ peſtilentie pre
ualent fercula acetoſa oībus midicinis. Silr̄ euitari debēt
oēs fructus niſi ſint acetoſi vt ſunt ceraſa malagranata aut
modicū de piro vel pomo loco medicine. Nā oīs fructus
putrefactionē inducit. Species cōiter cōuenientes ſtꝫ zinzi
ber cinamonū ciminū flores muſcaꝝ et crocus cum his eñ
optima ſalſa ꝓ diuitibus ꝓcuratur. Sꝫ ſi ſint pauperes reci
piāt rutā ſaluiā nuces gallicas petrocilinū et cū aceto miſce
ant ſimul et ē bona ſalſa. Si aūt mediocres ſtꝫ recipe debēt
ciminū et crocū et miſcere ſimul cū aceto talis ſalſa valet. et
oēm putrefactionē prohibet. Etiā iocūditas cordis magnū
remediū ſanitatis in corꝑe eſt. Quare cauendū eſt tꝑe peſtilē
tie ne quis mortē timeat ſꝫ ſine timore et ſollicitudine peſti
lentialis morbi vel periculi cuiuſcūq; lete viuēdo et diu viue
re ſperet.

¶ De fleubothomia.

FLeubothomia ſemel in mēſe fieri pt̄ niſi etas vel aliq̄d
hmōi ꝓhibeat vt apparet in pregnantibus. vel in aliquo debi
li vel in pacientibus fluxū vētris. Fiat āt fleubothoma in ba
ſilica dextra vel ſiniſtra añ cōmeſtionē. poſt inciſionē vo baſi
lice valet eē gaudioſū et bibere bonū vinū vel bonā ceruiſiā

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ſꝑ tamē tꝑate nec eſt cōueniens dormire illo die in quo baſilica eſt inciſa. Si q̇s autē apoſtemate ſe grauatū ſenſerit vel iā eſſe infectū tūc oīno vitet ſomnū. ambulādo qꝛ in ſomno calor intrinſece venenū inducit ad cor et ad alia mēbra ſpūalia ita ꝙ vix aliq̄ herba p̄t tale venenū ad ſtatū priſtinū reuocare qꝺ tamē nō fieret ſi hō eſſet in motu. Sed diceret q̇s ex quo ſomnus debet vitari q̇d ſi haberet ſomnū naturalē. Ad hoc dic breuiter ꝙ in tꝑe peſtilētiali ſtatim poſt comeſtionē ſi q̇s haberet libidinē dormiēdi tūc talis libido debet reuocari ꝑ ſpaciū in ortulis vel in cāpis et ſic ſomnus naturalis p̄t fieri ꝑ vnā horā poſt comeſtionē. Dicit igiꝛ Auicē. ꝙ ſi hō vellet dormire debet bibere bonū hauſtū an̄ dormitionē qꝛ hō extꝰs in ſomno attrahit multos humores ⁊ iſti mali humores depelluntꝛ ꝑ humorē boni hauſti. Sꝫ diceret q̇s q̄uo debꝫ ſentire hō qn̄ eſt infectus. Ad hoc reſpōdeo ꝙ hō qui infectus ē tali die nō multū comedit qꝛ eſt repletus malis humoribus et ſtatim poſt prandiū hꝫ libidinē dormiēdi et magnā calefectionē ſub frigore ſentit hꝫ etiā magnū dolorē in anteriori ꝑte capitis ſed oīa iſta debet reuocare ꝑ modicū ſpacij hinc et inde. Equitare aūt vel ābulare non p̄t ꝓpter nimiā pigriciā corꝑis ⁊ ponderoſitatē nam hō infectus oī hora libidinē hꝫ dormiēdi qꝛ venenū intrinſecū ꝑturbat ſpiritū vitalem ſic ꝙ ſꝑ tendit ad requiem. Ex iſtis igiꝛ ſignis hō ſentit ſe infectū. Si q̇s āt credere nollet expectet ꝑ mediū diē et ſtati ſenciet apoſtema ſub brachijs vel circa pudibūda vel circa aures. Eſt aūt ſummū remediū ſi q̇s ſenſerit oīa predicta tꝑe peſtilētiali vt ſomnū vitet qꝛ ſicut ex p̄dictis patꝫ in ſōno ſpūs vitalis q̇eſcit venenū aūt aſpergiꝛ ꝑ membra hinc et inde. Hec oīa ꝑ me ip̄m ꝓbaui Iſtis aūt ſic ſtantibus qn̄ hō ſenſerit ſe eē infectū q̄ꝫ citius fieri p̄t eodē die ſanguinē minuat abūde vſqꝫ ad ſyncopi. i. vſqꝫ ad vertiginē qꝛ ꝑua minutio ſanguinis venenū excitat. Si āt hō non vellet incidere plures venas ſimul tūc ꝑmittat tranſire venā inciſam vt prius dictū eſt vſqꝫ ad retardationē ſanguinis qꝛ ꝑua fluxio ſanguinis venenū forcius excitat vt patuit. Itē hō inciſus venis ſiue ſit infectus ſiue non ſꝑ vitet ſomnū per diem vſqꝫ ad mediā noctē et ſꝑ in eadē ꝑte corporis in q̄ apoſtema apparuerit fiat inciſio vene. Si ꝟo apparet apoſteā ſub brachio dextro fiat fleubothomia i medio eiuſdē

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brachij de mediana. Si āt ſub ſiniſtro fiat fleubothomia in
mediana eiuſdē brachij vel in epatica. i. in vena circa paruū di
gitū. Et ſi circa pudibūda fiat fleubothomia in pede eiuſdē la
teris circa calcē. Si aūt apoſteā fuerit in collo fiat fleubotho
mia de cephalica circa pollicē in manu laterꝫ eiuſdē vel media
na eiuſdē brachij vel in manu eiuſdē laterꝫ circa digitū minorē
Si aūt apparuerit circa aurē fiat fleubothomia de cephalica
eiuſdē lateris vel de vena que ē inter indicē et pollicē ne mul
ta venenoſa inuadant cerebrū. vel de vena que ē circa minorē
digitū vel circa articulū que a multꝫ medicis appellat̃ baſilica.
Si apparuerit in ſcapulis minue cū ventoſis ⁊ primo minue
medianā. Si in dorſo minue ſupra pedicā magnā Et hec oīa
fiāt ſi hō non dormierit añ cognitionē apoſtematis. Si aūt
talia apoſtemata ſenſerit poſt dormitionē tūc fieri debꝫ minu
tio in ꝑte crucifixa vt ſi apoſtema apparuerit in brachio dex
tro fiat fleubothomia de brachio ſiniſtro de epate vel baſilica
vl' de mediana Et ſi apparuerit apoſtema ſub brachio dextro
fiat ſm ꝙ dictū eſt de brachio ſiniſtro ⁊ ſic de alijs locis in ꝗ
bus apparuit apoſtema ita ꝙ ſꝑ fiat oppoſito mō. Minutus
ꝓo ſi ſit valde debilis tūc p̄t fieri dormitio poſt mediū diem
et ſꝑ infra mediū diē debet eſſe in cōtinuo motu equitādo vel
trāſeundo moderate. Et ſi poſtea creuerit apoſtema nō timet
qꝛ tale apoſtema ē malū expellens ⁊ reddit hoiem valde ſanū
Ut āt citius et facilius apoſtema matureſcat ⁊ rūpat̃ debet
fieri medicamentū tali mō. Tere folia ſambuci ⁊ adde ſinapū
tritū ⁊ fac emplaſtrū deinde ſuppone apoſtemati. aliꝗ ꝓo chi
rurgici volunt ꝙ addat̃ tyriaca ſꝫ ſumme ſuadeo ꝙ non fiat
nā ipſa tiriaca venenū expellit melius ꝓo videt̃ ſi aliꝗs habe
ret apoſtema ꝙ bibat tyriacā ⁊ ſic expellit venenū. Itē aliud
remediū accipe barbā iouis ſerpillum gallice ſeruefil plātagi
nē ⁊ modicū de ſiligine ⁊ tere hec oīa in ſimul donec viderꝫ
aquā inde exire deinde miſce aquā illā cū lacte mulierꝫ ⁊ da
illi bibere qui apoſtema habuerit et hoc fieri debet ieiuno
ſtomacho qꝛ eo melius oꝑatur in hoīe. Itē cū primo apoſte
ma apparuerit. recipiet auellanas. ficus ⁊ rutā. ⁊ cōtundat ſi
mul deinde ſupponat. ¶ Et hec ad pn̄s dicta de peſtilentia
ſufficiāt. Si ꝗs āt ſm modū predictū ſe rexerit huius mor
bi cōtagioſi periculū bene euadet. preſtante dn̄o noſtro ihesu

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xpo(ſine quo nihil fieri poteſt)qui eſt omnipotens et glorio ſus et laudabilis et benedictus cū intemerata virgine Maria matre ſua in ſecula ſeculoꝝ Amen. ¶ Tractatus de regimie peſtilentie dn̄i kamiuti epiſcopi Aruſienſis ciuitatis regni dacie artis medicine exptiſſimi pfeſſoris finē habet.

Incipit regimen ſanitatis per circulum anni valde vtile.

Januarius
In iano claris calidiſqꝫ cibis potiaris
Atqꝫ decens potus poſt fercula ſit tibi notus
Ledit em̄ medo tunc potatus bene credo
Balnea tutius intres. et venā ſcindere cures

Aquarius
Aquarius. calidus. et humidus bonum
Ungere crura caue cum luna videbit aquoſum
Inſere tunc plantas. excelſas erige turres
Et ſi carpis iter tunc tardius ad loca tranſis

Februarius
Naſcitur occulta febris februario tibi multa
Potibus et eſcis. ſi caute viuere velis
Tunc caue frigora. de pollice funde cruorem
Suge mellis fauū. pectus qui morbe curabit

Piſcis
Piſcis frigidus et humidus indifferens
Piſcis habens lunam noli curare podagram
Carpe viam tutus ſit pocio modo ſalubris

Martius
Martius humores gignit varioſqꝫ dolores
Sume cibum pure cocturas ſi placet vre
Balnea ſunt ſana ſed que ſuplua vana
Uena nec abdenda: nec potio ſit tribuenda

Aries
Aries calidus eſt et ſiccus bonum
Nil capiti noceas aries cum luna refulget
De vena minuas et balnea tutius intres
Non tangas auras nec barbam radere cures

Aprilis
Hic probat in vere vires aprilis habere
Cuncta renaſcuntur pori tunc aperiuntur
In quo ſcalpeſcit corpus. ſanguis quoqꝫ creſcit
Ergo ſoluatur venter cruor et minuatur

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Taurus
Taurus frigidus et ſiccus malum
Arbor plantetur cum luna taurus habetur
Non minuas tamē edifices: nec ſemina ſparges
Et medicus caueat cum ferro tangere collum

Maius
Maius ſecure laxari ſit tibi cure
Scindatur vena ſed balnea dantur amena
Cū calidis rebus ſint fercula ſeu ſpeciebus
Pocius. aſtricta ſit ſaluia cum benedicta

Gemini
Gemini calidus et humidus malnm
Brachia non minuas cū luſtrat luna gemellos
Unguibus et manibus cū ferro cura negetur
Nunqꝫ portabis a promiſſione petitum

Junius
Junius gentes perturbat medo bibentes
Atqꝫ nouellarum fuge potus ceruiſiarum
Ne noceat colera valet hec refectio vera
Lactuce frondes ede. ieiunus bibeqꝫ fontes

Cancer
Cancer frigidus et humidus indifferens
Pectus pulmo iecur in cancro non minuantur
Somnia falſa vides vtilis ſit peticio rerum
Potio ſumatur ſecurus perge viator

Julius
Qui vult ſolamē. Julius ꝓbat hoc medicamē
Uenam non ſcindat nec ventrem potio ledat
Somnū cōpeſcat et balnea cuncta paueſcat
Prodeſt vnda recēs. allium cū ſaluia munda

Leo
Leo calidum et ſiccum malum
Cor grauat et ſtomachum. cū cernit luna leonē
Non facias veſtes nec ad cōuiuia vades
Et nil ore vomas. nec tunc ſumas medicinam

Auguſtus
Quiſqꝫ ſub auguſto viuat medicamine iſto
Raro dormitet eſtum coitum quoqꝫ vitet
Nemo laxari debet vel fleubothomari
Balnea nō curet nec multa comeſtio duret

Uirgo
Uirgo frigidum et ſiccum indifferens
Lunam virgo tenens vxorem ducere noli
Uiſcera cum coſtis caueas tractare cruorem
Semen detur agro dubites intrare carinam

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September Fructus maturi ſeptembri ſunt valituri
Et pira cum vino. panis cum lacte caprino
Aqua de vrtica tibi potio fertur amica
Tunc venā pandas:ſpēs cū ſemine mandas

Libra Libra calidum et humidum bonum
Libram luna tenens. nemo genitalia tangat
Aut renes nates. nec iter carpere debes
Extremam ꝑtem libre. cum luna tenebit

October October vina prebet cum carne ferina
Nec non aucina caro valet et volucrina
Quāuis ſint ſana tamen eſt repletio vana
Quātum vis comede ſed nō precordia lede

Scorpio Scorpio frigidum et humidum indifferens
Scorpius augmētat morbos in ꝑte pudenda
Vulnera non cures caueas aſcendere naues
Et ſi carpis iter timeas de morte ruinam

Nouember Scire tibi dat᷑ hoc ꝙ reuma nouēbre curat᷑
Qneqȝ nociua vita ſint precioſaqȝ dicta
Balnea cū venere tunc cōſtat nulla valere
Potio ſit ſana ſic atqȝ minutio bona

Sagittarius Sagittarius calidum et ſiccum bonum
Luna nocet femori per ꝑtes mota ſagitte
Vngues vel crines poteris preſcindere tute
De vena minues et balnea citius intres

December Sane ſtȝ membris res calide menſe decēbris
Frigus vitetur capitalis vena ſcindetur
Lotio ſit rara. bachi potatio cara
Sit tepidus potus. frigori cōtrarie totus

Capricornus Capricornus frigidum et ſiccum malum
Capra nocet genibus ipſam cū luna tenebit
Intrat aquā nauta citius curabitur eger
Fundamēta ruunt: modicū tunc durat idip̄m.

Explicit regimen ſanitatis

ꝑ circulum anni valde vtile. Arnoldum de Colonia.

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